

FiftyForward Metro Appropriations Request for Funding FY2020

Overview

Since 1956, FiftyForward has been committed to supporting healthy aging and assisting vulnerable seniors to age in place. Experienced staff, volunteers, funders, and community partners form a powerful team positively impacting more than 21,000 senior adults, children and families in Metro annually. Under the FiftyForward umbrella we operate programs that in other communities would be provided by up to 15 distinct nonprofits. As Nashville's "go to" agency for older adults for more than 61 years, we enrich the lives of older adults by providing pathways to health, well-being and lifelong learning.

From 2010-2020, the 60+ population in Davidson County is projected to increase 33% from 95,204 to 126,367 individuals¹, signaling that FiftyForward and its mission of supporting, championing, and enhancing life for those 50 and older is more essential than ever to the Davidson County community.

1. What services does your organization provide to the residents of Davidson County?

FiftyForward operates six locations in Davidson County: five lifelong learning centers, located in Bordeaux, Donelson, Wedgewood/Fairgrounds, Madison, and Bellevue, plus one location in the Belmont area housing the Adult Day Services and Meals on Wheels programs. Our Supportive Care Services programs (Care Management, Living At Home, Victory Over Crime, and Conservatorship) provide essential services throughout Davidson County to older adults in need of help. Additionally, our **Senior Corps** volunteer programs engage older adults in schools and childcare centers through tutoring and mentoring for approximately 2,080 children in 32 **Metro Nashville Public Schools**.

FiftyForward has forged strong community partnerships that allow established service organizations such as **Metropolitan Nashville Public Library Digital Literacy Program, Metro Social Services, Arthritis Foundation**, and many others to extend their reach into the large senior population we serve.

Our Office of Volunteer Engagement enlists Middle Tennessee volunteers in serving older adults. Our community volunteers include students, business professionals, civic organizations, and seniors in service who lend a hand at one of the FiftyForward Davidson County centers or programs. Through volunteer opportunities for intergenerational sharing and engagement, community volunteers learn more about older adults and their needs.

Center Activity/Outreach

Three of our Davidson County FiftyForward lifelong learning centers are among the elite 1% in the U.S. accredited by the **National Institute of Senior Centers (NISC)**, attesting to our focus on quality and effectiveness. In 2018, new member enrollment at our centers increased 7%, while attendance increased from 119,178 visits in 2017 to 127,373 visits in 2018. Each center mirrors the needs of the community it serves, and all FiftyForward centers and programs are focused on enhancing physical wellbeing and overall quality of life for older adults to help them live independently for as long as possible.

In 2018, our lifelong learning centers continued to offer the **Aging Mastery Program® (AMP)**, an initiative developed by the **National Council on Aging (NCOA)**. Members at all centers participated in these classes made possible through a generous grant from the **West End Home Foundation**.

The goal of the AMP program is to empower older adults to make and maintain small but impactful changes in their lives. Topics included falls prevention, navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, and

community engagement. Participants earned points for positive actions and rewards that culminated in a FiftyForward center-wide graduation ceremony.

FiftyForward Bordeaux fills an important role, offering older adults diverse opportunities for health, wellness, and fellowship in a community that has too few social services. In 2018, approximately 830 unduplicated individuals participated in programs or activities offered by the center and 90 volunteers assisted with activities. Located in a historic area of Northwest Nashville, FiftyForward Bordeaux opened in May 2007 in what was previously the Bordeaux Library. Although our smallest facility, the center offers many opportunities for engagement through programs designed to strengthen older adults physically, socially, and spiritually, and to improve members' lives through activities such as nutrition classes, dance, fitness, music, drumming, exercise, art projects, day trips around the community and planting an annual community garden. FiftyForward Bordeaux is also one of our two centers that offers **Metro Social Services** congregate meals to provide nutritionally sound meals to eligible older adults.

FiftyForward Donelson Station had 5,287 unduplicated individuals who participated in programs and activities in 2018. Services include exercise classes for all levels including low-impact aerobics, yoga, tai chi, beginner and advanced strength training, **Zumba**®, line dancing, Qigong and a seated class through the **Arthritis Foundation**®. Two fitness rooms equipped with cardio and resistance machines provide members an additional way to stay fit at the level they are comfortable. The center is open Monday-Saturday, allowing members to participate in social activities such as billiards, cards, games and bingo. An annual Spring Health Fair, monthly center luncheons, a Senior Prom and other special events promote social involvement among seniors. A partnership with the **Middle Tennessee Gem and Mineral Society** provides more than 30 classes quarterly in lapidary, silver jewelry, faceting, scrimshaw, basic wire wrapping, cold connections, bead weaving and more. During 2018, approximately 134 volunteers from the community participated at the center.

FiftyForward Knowles, located in the Wedgewood neighborhood at the Nashville Fairgrounds in the Patricia Hart Building, saw approximately 3,906 unduplicated participants in programs and activities. The center offers educational programming as well as physical fitness classes including yoga, restorative breathing, arthritis exercise, **SilverSneakers**®, **Silver&Fit**®, **Walk with Ease through the Arthritis Foundation**®, **Dance for PD**® and **Parkinson's Exercise Program (P.E.P.)**. Day trips, monthly events and other unique opportunities include an annual Summer Singing Camp, the FiftyForward Knowles Choraleers (chorus), **Metropolitan Nashville Public Library Digital Literacy Program**, a book club, writing group, and scrapbook group. Knitting/crocheting, dominoes and other games are popular at this center. In 2018, 63 corporate volunteers and seniors in service participated at the center.

FiftyForward Madison Station had 7,604 unduplicated participants in the 2018. Open since 1996, the center primarily serves residents of Madison, East Nashville, Inglewood, Old Hickory and segments of Goodlettsville and Hendersonville. The center provides a twice-weekly shuttle program to and from the homes of members who no longer have means of transportation. Monthly programs include wellness, special events, social clubs, day trips, volunteer opportunities, and education.

With a focus on the "whole individual," FiftyForward Madison Station offers programs that enhance the physical, emotional, social, intellectual and spiritual well-being of its members. Examples include yoga, Tai Chi, Qigong, line dancing, karaoke, readers theater, art classes, music lessons, music jam sessions, FiftyForward Madison Station Silver Notes Band, knitting/crocheting/quilting clubs, cooking classes, technology help, **Metro**

Social Services congregate meals program, support groups, and a fitness center. Once a month, the center hosts “Tasty Tuesday”, a special event with lunch and entertainment for approximately 100 members. During 2018, approximately 105 volunteers from the community participated at the center.

FiftyForward J. L. Turner Center hosted 3,530 unduplicated individuals last year as well as guests and members who frequent the center multiple times a week. As a unique center located within the **Bellevue Family YMCA**, all YMCA members age 50 and older are automatically members of the FiftyForward J. L. Turner Center. The center provides twice-weekly transportation and special programming for members who are no longer able to drive. Monthly programs include wellness, social events, service/volunteer opportunities, and education. In addition, center volunteers lead, instruct, or facilitate many programs such as The Bellevue History and Genealogy Group, bridge, Spanish, knitting, gardening, and The Retro Rhythms – a member percussion band. In 2018, approximately 100 volunteers from the community participated at the center.

As a Sustaining Community Partner of the **Frist Center for the Visual Arts**, FiftyForward J. L. Turner Center members enjoy exhibits free of charge and create art through the Frist Art Trunk program. This year, the center is creating beautiful beaded blankets to be used in a live performance by artist Nick Cave at the Schermerhorn Symphony Center. Guitar and piano lessons as well as live music performances are also offered at the center.

FiftyForward Supportive Care

FiftyForward Adult Day Services served 42 individuals of diverse backgrounds and their families and caregivers in fiscal year 2018. The population was 62% women and 38% men, ranging in age from 58 to 95 with 55% of participants age 75 and older, and 62% African American, 26% white, 12% other race/ethnicity. In addition, the program welcomed new members from the Catholic Charities day program that closed earlier in the year. The closing of the Catholic Charities day program makes FiftyForward Adult Day Services an even more valuable resource in Davidson County. As the incidence of Alzheimer’s and dementia increases in our aging population, options for services which allow impacted individuals to remain living outside of institutional settings and enable their families and caregivers to continue to maintain employment will be essential parts of the solution as we seek to care for these members of our community. In addition, approximately 285 volunteers (students, corporate groups, and civic organizations) assisted with activities at this venue.

FiftyForward Meals on Wheels provided safety checks, reduced social isolation and served 134 seniors in FY18: 65% women, 35% men; 43% African American, 54% white, 3% other race; age range 50 to 102 with 52% age 75 and older. Of the agency’s 110,000 hours of volunteer service, FiftyForward Meals on Wheels has ranked the largest number of individual volunteers for any other program or service, delivering over 20,000 meals in FY18. All of this was accomplished while working to implement the Healthy Food Initiative and transition to our full FiftyForward Fresh partnership with The Nashville Food Project.

We continued our holiday partnership with **Nashville Cares** providing 200 meals for volunteers to deliver to their customers on each holiday. In the summer of 2017, the mobile meals program offered by the Green Hills Area Churches discontinued service after 30+ years of providing home delivered meals. FiftyForward Meals on Wheels assumed responsibility for serving the vulnerable older adults previously served by the Green Hills Area Churches so they would not lose the home-delivered meals upon which they depended. Over the course of one year, approximately 475 individuals volunteered in various roles from drivers to collecting/donating food to packing emergency food bags for Meal on Wheels recipients.

FiftyForward Care Management: Living at Home and Victory Over Crime

Last fiscal year, FiftyForward's Care Management programs, **Living at Home** and **Victory Over Crime**, assisted vulnerable older adults in need of support and connection to services to remain living in our community. While FiftyForward's lifelong learning centers serve as a community resource and base for older adults to remain active and engaged, the FiftyForward Care Management program assists older adults in need of help to remain living independently across the entirety of Metro Nashville. Our care managers are based at FiftyForward centers and serve individuals who come into those hubs. In addition, last year FiftyForward Living at Home served 381 individuals in 31 zip codes in Davidson County which is far more than last year. Victory Over Crime provided intensive care management services across 15 different Metro zip codes to 51 older adults victimized by crime in Davidson County, empowering them to move from victim to survivor. Both programs also provided essential services to homeless older adults.

Care managers travel to customers' homes to facilitate access to services of which many seniors would be unaware without care management intervention. Care managers assist seniors in many areas: accessing sufficient nutritious food to prevent malnutrition; locating and maintaining affordable housing; addressing financial and insurance needs; managing legal issues; establishing and maintaining relationships with medical providers; and decreasing social isolation. Care managers partner with other nonprofit, faith-based and voluntary organizations to maximize the network of assistance available for older adults in need.

Care managers also partner with Metro departments such as the **Office of the Trustee** to help spread the word and ensure that older adults apply for benefits such as the property tax freeze. Due to aging-related issues such as reduced and fixed incomes, increased physical frailty, social isolation and cognitive decline, seniors need the special professional assistance provided by FiftyForward Care Management so they can remain in the Metro Nashville community that is their home.

FiftyForward Conservatorship

Since 1995, through our Conservatorship program, FiftyForward has served the most vulnerable members of our community, those individuals who have been deemed by a physician and the court to have impairments which prevent them from managing their own personal and/or financial affairs. FiftyForward acts as "conservator of last resort," available to serve in this capacity when no family or other interested individuals are available or appropriate. Therefore, FiftyForward provides this essential oversight and protection to older adults most in need of this protection and unable to find it elsewhere. Last fiscal year, FiftyForward served as conservator for 32 older adults in Davidson County. FiftyForward offered these services pro bono to the community and in service to the **Davidson County Courts**, because more than half of these individuals had no assets available to pay for the cost of this very intensive program where staff is on-call 24/7.

Currently, FiftyForward is unable to accept additional appointments of indigent individuals in Davidson County in need of a conservator because we have no funds available to support this program. We would like to be able to serve additional individuals through our conservatorship program if funds were available to support this work. It is clear that the need for conservatorship protection is increasing for older adults in Davidson County. FiftyForward services are necessary in order to address this unmet need and protect these vulnerable individuals.

2. How many residents are you currently serving and how do they benefit?

As outlined in the chart below, FiftyForward impacts more than 23,000 residents of Davidson County annually through intergenerational programming, resources, and access to care.

The benefits of FiftyForward centers and programs are seen in enhanced physical wellbeing and overall quality of life for older adults to help them live independently for as long as possible. We conduct an annual survey where we ask members the question, “Do you feel that your participation in the center has had a positive effect on your life?” In 2017, 97.26% of members strongly agreed with this statement and many of the anecdotal comments from members support this perspective.

Davidson County

<i>Location</i>	<i>Davidson County Programs</i>	<i>Participants/ Served 2018</i>	<i>Number of Volunteers 2018</i>
Bordeaux	FiftyForward Bordeaux	830	90
Donelson	FiftyForward Donelson Station	5,287	134
Wedgewood/ Houston	FiftyForward Knowles	3,906	63
Madison	FiftyForward Madison Station	7,604	105
Bellevue	FiftyForward J. L. Turner Center	3,530	100
Belmont Area	FiftyForward Adult Day Services and	42	285
	FiftyForward Meals on Wheels	134	475
County-wide	Supportive Care Services		
	FiftyForward Care Management		
	<i>Living at Home</i>	381	
	<i>Victory Over Crime</i>	51	
County-wide	FiftyForward Conservatorship	32	
County-wide	Senior Corps Volunteers	<u>1,344</u>	<u>386</u>
	Totals	23,141	1,638

3. How much funding are you requesting from Metro?

We are requesting \$300,000 from Metro Government to divide equally between our six Davidson County locations: our five lifelong learning centers, located in Bellevue, Bordeaux, Donelson, Wedgewood/Fairgrounds, and Madison; our FiftyForward Adult Day Services and Meals on Wheels located at Second Presbyterian Church in the Belmont area; and Supportive Care Services at those locations that serve individuals throughout the county.

FiftyForward has been very fortunate to receive a direct appropriation from Metropolitan Nashville Davidson County in fiscal year 2019. This money is already having a tremendous impact on those served at our lifelong learning centers and supportive care services.

4. If funding is awarded, how many additional residents will be served and how will they benefit?

Each year FiftyForward Supportive Care programs such as Adult Day Services, Meals on Wheels, Conservatorship, Living at Home and Victory Over Crime serve additional older adults whose needs change

and who require professional assistance and intervention. Over the course of the next year, if necessary funds are available, FiftyForward Supportive Care programs could serve approximately 400 older adults who have never received FiftyForward services in the past. FiftyForward Centers could enroll 600 new members. In total, the requested funding would allow us to serve **1,000** additional Metro residents, who will receive supportive care services and lifelong learning opportunities.

5. In addition to serving more residents, are there other community benefits Metro funding would help you achieve?

The impact of Metro's funding for FiftyForward reaches beyond the older adults directly served by our organization. **FiftyForward Volunteer Engagement** provides a place for community volunteers from high schools, colleges, nonprofits, corporations, and civic organizations to improve senior lives by bringing their experience, energy and skills to helping others by supporting the centers and programs that enrich life for Nashville's older adults and help them overcome isolation. Last year, FiftyForward had 2,500 unduplicated volunteers across the agency, which represented 110,00 hours. The value of volunteer service to FiftyForward and the community in dollars amounts to \$2.4 million.

Engaging Youth

Last year, FiftyForward was once again privileged to be among the Nashville agencies selected to join the Mayor's **Opportunity NOW** initiative to give high school students a chance at employment. During the summer of 2018, several students worked across the agency in programs and centers to learn "soft" skills needed in the workplace and to gain valuable experience working with older adults. This year we had five eager high school students participate in the program. However, one of the best compliments came to us from employment coach Tiffany Hodge who said: "FiftyForward is absolutely the model for the kind of employer we hope to have for youth: friendly, supportive, and learning-rich. I deeply appreciate the care and generosity of FiftyForward in working with youth who face significant barriers to participating." We are thrilled to continue being a learning environment for Nashville youth.

Participation in **TN Promise** and student intern placements with local colleges and universities allow us to help youth explore career paths in the social work and nonprofit fields with real life experience engaging with seniors and the staff members who serve them. The senior services field is one of the fastest growing in the United States, and we excel at introducing community youth to the rewards of working with older adults.

National Attention for Nashville Senior Community

Two FiftyForward initiatives, Friends Learning in Pairs (FLIP) and the *All of Us* Research Program Initiative, propelled the agency and our community into the national spotlight, building greater visibility for older adults, their needs, and the value they bring to others through intergenerational sharing.

In Fall 2017, the FiftyForward Friends Learning in Pairs (FLIP) gained national visibility, thanks to the Dollar General Literacy Foundation and Kellogg's. Volunteer tutors and the Nashville students they teach were featured on boxes of Kellogg's cereals sold at more than 14,000 Dollar General stores across the country. The series of stories using older adults as role models and mentors has inspired other intergenerational volunteer efforts across the country. One of our volunteers is Neal Buchanan, an 82-year-old former teacher, principal and editor who has been a FiftyForward tutor for 17 years. He believes that the formative years are a crucial

point in childhood educational development and that helping children succeed in reading gives him a real sense of joy and purpose.

In Spring 2018, FiftyForward was chosen as one of four nonprofit organizations in the country, and the only community in the South, to partner in the *All of Us* Research Program, an initiative launched by the National Institutes of Health to speed up health research break-throughs by advancing precision medicine. In this groundbreaking study, FiftyForward's role is to educate and engage the older adult population, especially those groups historically under-represented in research such as rural residents, about the benefits of the *All of Us* Research Program for future generations. The program's national launch offered tremendous visibility for Nashville and FiftyForward, and also strengthened our relationship with Vanderbilt University Medical Center as one of the program research and statistical partners in data collection. FiftyForward Madison Station was honored to be among the seven launch locations across the country and welcomed Mayor Briley and numerous Metro Council members. The *All of Us* peer ambassador program engages older adults as program emissaries, providing the volunteer ambassadors with a newfound purpose and sense of self as they encourage peer-to-peer engagement. John Tanner, a retired radiologic technologist and peer ambassador, says, "I have been a volunteer all my life. This may be the single most important volunteer job I have ever had."

6. How would you use this funding to help create a more equitable Nashville, where all residents have an opportunity to participate in the city's success?

FiftyForward is committed to ensuring that the needs of older Nashvillians stay visible so that their needs may be met. We influence the delivery of services for older adults and caregivers by educating the public about their needs and the value they bring to our community. We are recognized as the premier provider of innovative and comprehensive services for adults aged 50+ in Middle Tennessee. We assure that our customers through their interaction and participation in our centers and programs access needed services, remain active and involved and experience the highest quality of life. We embrace all races, genders, ages, cultures and perspectives.

Our centers and programs are community focal points and serve constituents from every zip code in Davidson County. Departments of ***Metro Government*** and numerous nonprofit organizations use our centers as a base for outreach to senior adults to host efforts such as the ***Trustee's Office*** Property Tax Relief and Senior Tax Freeze programs, ***Nashville Public Library*** Digital Literacy Program, ***Metro Social Services*** congregate meal programs, ***AARP/VITA*** tax assistance for seniors, community input forum for ***Tennessee Commission on Aging and Disabilities***, early voting sites, community meetings, and most recently, the transportation forums we've hosted in Madison and Donelson in conjunction with the ***Mayor's Office***.

Request Summary

FiftyForward is grateful for the opportunity to request \$300,000 to improve quality of life for older adults living in Davidson County through our high-quality programs and services. Funding from the Metro Appropriations Committee will ensure that we can continue to serve the needs of the rapidly growing older population in Davison County. FiftyForward is essential to provide the social, financial, community, and physical services for Metro's older adults that are critical to their physical and mental health, allowing them to stay in their homes longer and live healthier lives.